

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 2023

Hours | Monday-Friday, 8 a.m.-3 p.m.

Announcements

NEW! Painting for Older Adults Class
Tuesdays 1-2:50 p.m.,
starting August 14

This class offers older adults an individualized approach to learning painting at their own pace and within their interest and style. Learn techniques in drawing, brush strokes, color mixing and application. Registration required. Please call 714-808-4679 to register.

By NOCE



Save the Date!
Brea Health Fair & Flu Clinic
Fri, Sept 22, 9 a.m.-12:30 p.m.

Discover new ways to stay on top of your health while getting a flu shot, FREE health screenings, FREE wellness information, and FREE Omega-3 supplements.

Hearing Aid Clean & Check
Mon, Aug 21, 11 a.m.-1 p.m.

Stop by to get your hearing aids cleaned and checked by a local Hearing Instrument Specialist. No appointments needed.

By Hearing Life

BACK AFTER COVID!

Sign-up at front desk required.
First-time students only.

Android Class

Wed, Aug 2, 1-3 p.m.

iPhone Class

Thu, Aug 3, 10 a.m.-12 p.m.

By California Connect



Guided Autobiography Class—5 Week Course

Fridays, now thru Aug 25
9-11 a.m.

Are you 55+ and looking for a way to make a record of your life story? Guided Autobiography. (GAB) is a process that helps you recall and record the significant moments of your life. A new life story topic is assigned each week. Space is limited.

Sign-ups required

By SCAN Independence at Home

NEW! Lotería
Select Thursdays,
10:45-11:45 a.m.

A traditional game of chance, Lotería—the Spanish word for lottery—is often referred to as Mexican bingo, where illustrated cards are pulled to try to find a winner. Cash prizes given!



BACK AFTER COVID!

Golf Practice

1st & 3rd Tuesdays of each month, 10:15-11:45 a.m.

Play in a local golf course practice range! Meet in the lobby for a ride over together.

Luau Party

Friday, August 25, 10:30 a.m.-12:30 p.m.

Get your ticket early for a delicious meal, live entertainment by “Anthony Bernasconi,” and a chance to win valuable raffle prizes! \$5 per ticket for 60+, \$6 for those under 60.

Sponsored by Dwight Manley

Presentations

Senior Home Care Options
Thu, Aug 10, 10:30-11:30 a.m.

Confused about the different home care options? Shana will discuss the differences between home care, assisted living, nursing homes, etc., so you can make the most informed decision.

By Assisting Hands Home Care

Medi-Cal in Orange County Thu, Aug 17, 10:45-11:45 a.m.

Learn how to enroll in Medi-Cal. If you're already enrolled, learn more about the Medi-Cal benefits you already have!

By CalOptima Health

Travel Group

Festival of Arts—Laguna Beach

Friday, Sept 1, 8:30 a.m.-3 p.m.

Take a docent-led tour of the Festival of Arts, a beautiful open-air gallery with highly acclaimed fine art featuring the work of over 100 Orange County artists. There will be art demonstrations by Festival exhibitors. Lunch is purchased separately and NOT included with ticket. \$20 per person.

Utah Canyon Royale September 24-27

Highlights: Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, Casa Blanca Resort & Casino, Mesquite, Nevada, and Las Vegas, Nevada. \$799 per person, based on double occupancy.

St. Louis, Branson, Memphis, & Nashville October 1-8

Highlights: St. Louis Gateway Arch & Museum, 3 Branson shows, Memphis city tour, Graceland (Elvis Presley Home), Johnny Cash Museum, visit to the Country Music Hall of Fame and Museum, Nashville city tour, Grand Ole Opry, Peabody Hotel, Beale Street in Memphis. \$3,699 per person, based on double occupancy.

By Friendly Excursions

Health Help

Blood Pressure Checks
Tuesdays, 11 a.m.-12 p.m.



Senior Services

Case Management Services

Are you a senior living in Brea? Are you a caregiver for a loved one? Achieve successful aging through advocacy, assessment, facilitation, and resource management. Eligibility to be a Case Management client: Brea resident, 60+ years of age, and client consent. Call 714-990-7750 for more info.

**BACK AFTER COVID!
Medicare & Health Insurance Assistance**
2nd & 4th Wednesday of each month, 9:30-11:30 a.m.

This service benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance.
**Appointment Required
By Health Insurance Counseling and Advocacy Program**

Legal Aid (Wellness Room)
4th Thursday of each month, 12:30-2 p.m.



Appointments are available with representatives from Legal Aid Society of Orange County for seniors 60+, who reside in Orange County.
By Community Legal Aid SoCal

Senior Center Gift Shop
Monday-Friday, 8:30-11:30 a.m.

Large assortment of quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. Donated items gratefully accepted during business hours.

Senior Grocery Program
2nd & 4th Tue of each month, 10:30-11:30 a.m.

Twice a month, pick up a selection of fresh produce, dairy products, and shelf-stable dry goods. Please bring your own grocery bags!
By Second Harvest Food Bank

Shopping Trips!
Every Monday, 12:45 p.m.
1st & 3rd Wed, 12:45 p.m.



Free transportation for Brea residents to Walmart, Ralphs, Rite Aid, Albertsons, and Trader Joe's. Shopping trips limited to one hour. Call 714-990-7754 to register.

Senior Van Service
Tue-Fri, 9 a.m.-1 p.m.

For \$2 per one-way, go to essential errands or appointments within 5 miles of your home (within OC). Eligibility includes 60+ years of age and Brea residency. Application required, as well as submitting your ride request 3 business days in advance. Service days and hours of operation are subject to change. Call 714-990-7750 for more information.

Fitness

Better Balance with Dan
Mondays, 10-11:50 a.m.

Specifically designed to improve movement and balance control.
By Older Adults Program

Health & Wellness w/ Eunice
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.
By Older Adults Program

Line Dancing Class
Wednesdays, 12-3 p.m.
Introduction: 12-1 p.m.
Beginning: 1-2 p.m.
Intermediate: 2-3 p.m.



Longevity Stick Balance Class
Every Monday (ZOOM only),
Wednesdays and Fridays,
9-10 a.m.

Table Tennis
Every Tue & Thu, 12:30-3:30 p.m.
Resident Quarterly Fee: \$20
Non-Resident Quarterly Fee: \$30

Tai Chi for Every Body
*NO class on 8/28 or 8/29
Mon, 10-11:30 a.m. (ZOOM only)
Tue & Fri, 1-3 p.m. (ZOOM only)

Tai Chi 42 (Courtyard)
Wednesdays, 8:30-10 a.m.

Yoga Class
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8:30-9:15 a.m.

Join us for a yoga class for any level of experience. Bring your own mat.

Zumba® Gold
Mondays, 12-1 p.m.
Wednesdays, 10:30-11:30 a.m.



Classes

NEW! Recorder Music Practice
Wednesdays, 9-11:30 a.m.
Intermediate: 9-10:30 a.m.
Beginning: 10:30-11:30 a.m.

The ability to read music is a plus, but not necessary.

FREE Tech Tutoring

Receive one-on-one assistance on our new computers in our computer lab or bring in your own laptop, tablet, or cell phone to receive help. Examples of topics we can assist with include Facebook, sending and receiving email, web searching, digital photos, and how to use flash drives. Appointments available on Mondays!

Gatherings

Afternoons at the Movies
Wed, Aug 9: "80 for Brady"
(2023) PG-13

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. Starring Jane Fonda, Rita Moreno, Sally Field, and Lily Tomlin.

Wed, Aug 23: "The Outlaws"
(2023) R

Owen Browning is a straight-laced bank manager about to marry the love of his life, Parker. When his bank is held up by the Ghost Bandits during his wedding week, he believes his future in-laws who just arrived in town are the infamous outlaws. Starring Pierce Brosnan, Adam DeVine, and Nina Dobrev.

Bible Study (Room B)
3rd Wednesday of each month
12:30-1:30 p.m.
By Cause Church Senior Ministry



Bingo! (Dining Room)
Mondays, Wednesdays, and
Fridays, 10:30-11:30 a.m.

Thursdays, 12:30-1:30 p.m.

Birthday Party
Friday, Aug 11, 11:30 a.m.
By Cause Church Senior Ministry

Book Club (Courtyard)
4th Wednesday of each month

Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 a.m., in the Senior Center courtyard.
By the Brea Public Library

Bunco Group (Room B)
Every Tue & Fri, 12:45-2:30 p.m.

Crochet Group (Room C)
Mondays, 10 a.m.-12 p.m.

**Hooks and Needles—
Knitting Group**
3rd and 4th Tuesday of
each month, 1-3 p.m.

**Loose Threads—Quilting
Group (Room B)**
1st and 3rd Wednesday of each
month, 9 a.m.-12 p.m.

**Sewing &
Embroidery Group**
Thursdays, 9 a.m.-3 p.m.



Bring your own sewing machine and projects you're working on. Basic knowledge of sewing required.

Sing-a-Long Group (Room C)
Fridays, 12:45-2 p.m.

Timely Topics (Room C)
Tuesdays, 10-11 a.m.

Veterans Club (Room B)
Mondays, 11-11:45 a.m.

August Activities

FAMOUS QUOTE

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.”

GEORGE BURNS

AUGUST IS NATIONAL EYE EXAM MONTH

- 3 Watermelon Day
- 4 International Beer Day
- 13 Left Hander’s Day
- 17 Thrift Shop Day
- 19 World Photography Day
- 31 Eat Outside Day

BIRTHSTONE

Peridot, Spinel, and Sardonyx

FLOWERS

Gladiolus and Poppy

Monday

All programs and activities subject to change and cancellation without prior notice.

7	9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)
14	9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)
21	9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 11:00 Hearing Aid Clean & Check (L) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)
28	9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)

Tuesday

1	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:15 Golf Practice (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)
8	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:30 Senior Grocery Program (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)
15	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:15 Golf Practice (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (DR) 1:00 Knitting Group (C)
22	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:30 Senior Grocery Program (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Knitting Group (C) 1:00 Painting for Older Adults (DR)
29	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Painting for Older Adults (DR)

Wednesday

2	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:45 Ralphs/Rite Aid Shopping (L) 1:00 Android Class (C) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
9	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 9:30 HICAP Counseling (WR) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
16	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:30 Bible Study (B) 12:45 Albertsons/Trader Joe’s Shopping (L) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
23	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 9:00 Pacific Marine Mammal Center (L) 9:30 HICAP Counseling (WR) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 11:00 Book Club (CY) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
30	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)

Thursday

3	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:00 iPhone Class (C) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)
10	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:30 Senior Care Presentation (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)
17	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Medi-Cal Presentation (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)
24	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Legal Aid (WR)
31	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)

Friday

4	9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Bingo (DR) 12:00 Special Dollar Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)
11	9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Bingo (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)
18	9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Bingo (DR) 12:00 Special Dollar Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)
25	9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Luau Party (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)
A	- Room A
B	- Room B
C	- Room C
CFR	- Conference Room
CR	- Computer Room
CY	- Courtyard
DR	- Dining Room
L	- Lobby Area
LIB	- Library
P	- Plunge Pool
PH	- Pioneer Hall
PHCR	- PH Conference Room
WR	- Wellness Room



Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00	Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley WG Tortilla SF Custard Orange Juice	Split Pea Soup w/ SF Crackers Provençal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple	Diced Chicken A La King Sauce Egg Noodles Squash Medley WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	<div style="background-color: #808080; color: white; padding: 10px; font-size: 24px; font-weight: bold;">Special Friday Lunches are Listed on the Next Page</div>	
7	8	9	10		
Cheese Ravioli Savory Tomato Sauce Broccoli Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese Tropical Fruit Mix	Cheeseburger Beef Patty Swiss Cheese Potato Salad Shredded Lettuce Tomato & Red Onion Mayonnaise, Mustard & Ketchup WG Hamburger Bun SF Fruited Gelatin	Breakfast for Dinner Omelet Chicken Apple Sausage Baked Red Skin Potatoes Sliced Carrots WW Blueberry Muffin SF Pear Crisp	Braised Cubed Beef Burgundy Gravy Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit		
14	15	16	17		
Pork Tenderloin Creamy Mushroom Sauce Rice Pilaf Mixed Veg. WW Dinner Roll w/ Smart Balance SF Cookie	Ground Turkey Bolognese Bow Tie Pasta Italian Veg. Blend Parmesan Cheese WW Dinner Roll w/ Smart Balance Tropical Fruit Mix	Baked Tilapia Savory Tomato Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance SF Pudding Orange Juice	Salisbury Steak Mushroom Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Smart Balance Pineapple Chunks		
21	22	23	24		
Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries & Almonds w/ Balsamic Dressing) WW Crackers (2) SF Fruited Gelatin	Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower Blend WW Dinner Roll w/ Smart Balance Canned Pears	Beef Stew Stew Vegetables Stew Gravy Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange	Diced Orange Chicken Orange Sauce Brown Rice Oriental Veg. Blend SF Pudding		
28	29	30	31		
Vegetarian Lasagna Scandinavian Veg. Blend Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp	Vietnamese Chicken Strips w/ Pineapple Coconut Curry Sauce Brown Rice Spinach Orange Juice SF Pudding	Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg. Mix WG Tortilla Sour Cream Seasonal Fresh Fruit	Breaded Fish Tacos Black Beans 3-Way Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks		

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.
www.MealsOnWheelsOC.org

Special Friday Lunches



Friday, Aug 4
Dollar Lunch Sponsored by Dwight Manley

Lemon Chicken Pesto Tortellini, Garlic Breadstick, Vegetable Medley, Italian Salad, Mini Eclairs

*\$1
LUNCH

Friday, Aug 11

Ground Beef Taco Bowl with Spanish Rice, Black Beans, Cheese, Avocado, Lettuce, Sour Cream, & Pico de Gallo
 Chips & Salsa, Mexican Dessert

*\$4
LUNCH

Friday, Aug 18
Dollar Lunch Sponsored by Dwight Manley

Hot Dog, Chili with Cheese, Fries, Green Salad, Mixed Fruit, Ice Cream Sandwich

*\$1
LUNCH

Friday, Aug 25
Luau Party

Teriyaki Chicken with Pineapple, White Rice, Macaroni Salad, Hawaiian Salad, Tropical Fruit, Popsicle, Hawaiian Punch

*\$5
LUNCH

Join us every Friday at the Brea Senior Center for a Special Friday Lunch!

Lunch service starts at **12 p.m.** Pre-registration and pre-payment are preferred at least one day in advance. Friday meals can be eaten in-person at the Senior Center or taken ***to-go for an added charge. Anyone under 60 will have an added charge of \$1.00.** Vegetarian options are available with advanced notice.

JET SET

E B V F J L R K W M E O E B C B D Y T A O J J S L P Y
 J I O Q R U B J Z H Z R T W U X O E X P A N K B D A F
 M U Y L V Q P E V O M N I X B Z B O B X S J C Q T B W
 Y F F O B L D S E D K N R U K J V B T V I A A S Y A G
 K D E Z W E G P S T E A X H N L K Q Q Y V V D C F R N
 Y A W N U R Q K I M D A I N F A I I M O A V S S O Z I
 O B B S G A K Y U A O S Y Y A N H A C T L E V A R T B
 S E J N K F A W R G G T J K Z D P A X L I L U Q T J H
 F R G N T N R L C P T Y S G W I R T I W R C Q W S A M
 U R O L C E P U A R H B V U M N H N U D R J K U F M O
 R I N A V K X C O V O I A T C G E C Y E Q U D E G C I
 R F E O S Q Y P Q A I B P V I R X M T G L R T D T K H
 B Z Y G T K R P R H U R O E T Z K A N A V K I M Y M J
 J A O Y S I A D Z E M T R F A O G B L G G L L X K G W
 L B G J A R C Y R E S F T A K E D W T G F H I X C D B
 X R C L O U D L T H L S E T E G N R R U S K N I R D H
 D T R U G B R J K V R P R K O W W A R L I O F Q A S M
 G O T W U I G W D A B N P N F R S E L T J I M U F E T
 F E D I V F M E E B Z L J J F C U L K P K G W V T A Q
 X B F J Z Q I T P C D C A U J S T E W A R D V I D T P
 H G E E P O Z O C J D E C K F N L S Z B R T P T O H S
 R R X T U H C L A W I N G W I N M A S W G B S R H B R
 G K A H M D S I C V R D K X U S Z M P J E E L I O E P
 U U D O E H B P O K X L T T M V Y H U L T L N P A J A
 E C N G S C S M O K X M T R J E Z L K Y L K O B L H K
 Q S F E G G Y Y K R U G O Q A M Y G Y Y N D F S T F W

AIRPORT	LUGGAGE
ARRIVAL	MOVIE
BOARD	PILOT
BRAKE	PLANE
CLOUD	PORTER
CRAFT	RADAR
CRUISE	ROUTE
CUSTOMS	RUNWAY
DRINKS	SEAT
EXPRESS	SKYCAP
FARE	SOAR
FOIL	STEWARD
FREIGHT	TAKEOFF
GATE	TICKET
JET	TRAVEL
LANDING	TRIP
LAYOVER	VISA
LINE	WING

Come by and learn...

The Brea Senior Center is open to all senior and pre-senior community members. Come by and learn more about the many programs, services and events available for you.

Hours: Mon-Fri / 8 a.m.-3 p.m.
Location: 500 S. Sievers Avenue, Brea, California 92821
Telephone: 714-990-7750
Website: www.BreaSeniorCenter.com
Facebook: [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)
Instagram: [instagram.com/breaseniorcenter/](https://www.instagram.com/breaseniorcenter/)

More details and information available online

